

*Montana 4-H Congress*  
**4-H STIR-UPS CONTEST GUIDELINES**  
Updated 3/3/2017

**PURPOSE:** To prepare an appealing, nutritious meal that can be prepared easily by using common ingredients available in many homes. Meal should be prepared using food safety techniques and reflect creative use of ingredients. The presentation should exhibit knowledge of the foods prepared and excellent public speaking and use of visual aid skills.

**THEME:** Stir-ups this year will highlight dishes using the stir-fry method of cooking. Stir-fry is a fast fresh way to cook a quick, nutritious meals. Recipes range from the simplest to more complicated combinations of ingredients which showcase healthy produce. Creativity is the key to unique stir-fries – there is no reason to stick to traditional ingredients

**PARTICIPANTS:** Individuals or teams of two. Team members should divide work and interview responses equally. An uneven distribution of work will impact the evaluation. Both individuals and teams will receive one score per judge.

**TIME:** Meal preparation and cleanup: *60 minutes* Presentation: *15 minutes*. One point/per minute will be deducted from total score for going over 60 minutes preparation time.

**DEFINITIONS:**

- **Provided Ingredients:** ingredients provided by contest for members to use. Keep in mind that this contest follows a loose “Chopped” format. Ingredients will be provided but they may not be exactly what your recipe calls for. For instance, you might need green peppers but red peppers are provided. You might hope for chicken but pork is provided. Ultimately, your cooking and adaptation skills will be put to the test as you work to prepare your dish.
- Contestants must use at least five provided ingredients in dish. County contests may choose to have members provide their own ingredients from the list to simplify planning. Ingredients will be provided for the contest at the Congress Stirrups Contest. **Congress contestants should not bring their own ingredients from the provided ingredients list.**
- **Pantry Ingredients:** Staple ingredients that will be provided by contest and may be utilized by contestants. Pantry will include *chicken or beef stock, canned tomatoes, flour, yeast, vegetable oil, spray oil, salt, and pepper, baking soda, baking power, cornstarch and sugar*. Onions and garlic are also included in the pantry. Refrigerated Pantry items include *butter, milk and eggs*. County contests may choose to have members provide their own pantry ingredients to simplify planning.
- **Mystery Ingredient:** Ingredient provided by contestant to augment other ingredients. Contestant must use at least one mystery ingredient and may use up to three.
- **Spices/herbs:** Contestants may provide their own spices/herbs as needed. Spices/herbs (fresh or dried) do not count as a mystery ingredient.

Contestants will prepare a dish utilizing five of the provided ingredients (listed below) and at least one and up to three mystery ingredients. Additionally contestants may use any number of pantry ingredients and spices. The dish should be visually appealing, nutritious and show creativity. Contestants will prepare two competitive plates for the food judges and one plate to use as a visual in their educational

presentation.

Contestants should use effective work habits and sanitary food preparation practices. Following the preparation of the meal the contestant(s) will present an oral presentation to judges. Oral presentation: should address selection of dish; preparation process; nutritional value of dish; potential alteration; overall learning. This presentation should be designed following the illustrated talk format with visual aids and include a sample of the dish prepared.

### ***Suggested County Contest 2017***

Prepare a main dish utilizing at least one pulse (dried peas, chickpeas, dried beans, lentils etc) and five of the following provided ingredients

- Peppers (green, red, orange or yellow)
- Pasta
- Chocolate
- Bleu Cheese
- Bacon
- Italian Sausage
- Ground beef
- Mango
- Avocado
- Cabbage
- Zucchini
- Carrots
- Celery

### **Montana 4-H Contest 2017**

Prepare a main dish using the Stir-Fry method of cooking utilizing five of the following ingredients.

- Mushrooms
- Snap Peas
- Cashews
- Oranges
- Peppers
- Chicken thighs
- Bok Choy
- Ramen Noodles
- Udon Noodles
- Beef
- Coconut or coconut milk
- Edamame
- Ginger root

**AWARDS:**

Two (2) participants or teams with the highest numerical scores from the finals will be awarded a trip to National 4-H Congress. Delegates who previously received a trip to National 4-H Congress may participate in the contest, but will not receive a second award trip.

Montana 4-H Congress Participants that are 13 years of age **are permitted** to compete in the state contest at the discretion of the County. However, they may not be eligible for an award trip due to age requirements set by the national/regional event. They do not lose their eligibility and can compete in future years to again earn eligibility for a national award trip.

*Montana 4-H Congress*  
**4-H STIR-UPS CONTEST EVALUATION**

Name: \_\_\_\_\_ County: \_\_\_\_\_

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Dish Being Prepared: \_\_\_\_\_ Start Time: \_\_\_\_\_ End Time: \_\_\_\_\_

	Points Possible	Score	Comments
<b>SIMPLICITY:</b> Can this recipe be easily made by a busy person with "average" cooking skills? Use of foods provided Used at least five ingredients from list Used at least one mystery ingredient	25		
<b>APPEAL:</b> Has appetizing appearance, aroma, and flavor Includes variety or contrast in color, texture, flavor, etc. Does the dish show creativity in blending the concepts of being quick to prepare and also nutritious?	20		
<b>EFFECTIVE WORK HABITS:</b> Uses effective time management techniques Uses correct food preparation skills Uses proper safety and sanitation skills Leaves kitchen clean Coordinate efforts and work as a team, if applicable	20		
<b>NUTRITION:</b> Is the portion appropriate? Dish does not contribute excessive amount of fat, sugar, or salt? Is the dish an overall healthy dish?	20		

<b>Oral Presentation:</b> Addresses: -selection of dish -preparation process -nutritional value of dish -potential alterations -overall learning Both team members participate in presentation if applicable	15		
Subtract any points for going over time			
<b>TOTAL SCORE</b>			

Name of Evaluator: \_\_\_\_\_